 BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER

**(AYURVEDA-ACUPRESSURE- NATUROPATHY & YOGA SCIENCES)**

**(REGISTERED UNDER CHARITABLE TRUST ACT-1882)**

**NCT OF DELHI, INDIA**

PROSPECTUS & SYLLABUS

FOR

CERTIFICATE COURSES

**Administrative office:**

7, KRISHNA MARKET, NEAR - R.K. ASHRAM, METRO STATION (GATE NO.2) PAHAR GANJ, NEW DELHI-55

**PHONE: -9457407988, 8882918755**,

WEBSITE: [WWW.BINYRC.ORG.IN](http://WWW.BINYRC.ORG.IN) E-MAIL: [BINYRC.ORG.IN@GMAIL.COM](mailto:BINYRC.ORG.IN@GMAIL.COM)

**Price Rs. - 500/-**

*** Message from the Chairman***

*Dear Prospective Student, Welcome to the ancient science of Ayurveda and alternative*

*medicines i.e. Yoga - Naturopathy –acupressure, acupuncture & other therapies, which first*

*originated in India and are still relevant and beneficial to modern life showing world – wise*

*acceptance.*

*At Buddha Ayurveda and naturopathy research center our goal is to provide quality*

*education to individuals like you and enhance your skills so as to meet the needs and*

*demands of quality health based on Ayurveda/ Naturopathy/ Acupressure/ Yoga/*

*Acupuncture/ Reiki/ & other alternative therapies.*

*Acharya Ravindra kumar*

*(Chairman/founder)*

*BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER*

*M.D (A.M), D.P.T.*

***Specialist in: gastrologist, neurologist, Paralysis & Joint pain***

***APPLICATION FORM AND PROSPECTUS FOR:***

* *Certificate course in Acupressure Theorpy*
* *Certificate course in Ayurvedic Cosmetology*
* *Certificate course in Ayurvedic Dietics*
* *Certificate course in Naturopathy & yoga science*
* *Certificate course in Panchakarma Technician*
* *Certificate course in Ayurvedic pharmacy*
* *Certificate course in Physiotherapy*
* *Post Graduate Certificate course in Panchakarma*

***COURSES START FROM - 15th DECEMBER AND 15th JUNE OF PARTICULAR YEAR***

*DURATION OF COURSE:*

*For Certificate Course- 1 Year*

*For Post graduate Certificate course: 1 year*

*Distance learning course – 1 year*

*On line classes available in case of any epidemic.*

*MEDIUM OF INSTRUCTION*

*For Certificate course: Hindi*

*For P.G. Certificate course: Hindi/English*

***INTRODUCTION***

*BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER (BANRC) a unit of ENVIRONMENTAL CONSERVATION AND POLLUTION CONTROL**ORGANIZATIONS* ***(ECPCO)*** *was established in year 2017, at Delhi**(India) dedicated towards serving – to lower – to moderate – to high profile society. Trust has been providing health & social welfare programmes to the society specifically to Children/ Disaster Management, Education & Literacy, Aged/ Elderly, Environment & Forests, Health & Family Welfare, Legal Awareness & Aid, Rural Development & Poverty Alleviation, Sports, Vocational Training, Women’s Development & Empowerment, Youth Affairs, Any Other.*

*Besides its establishment, ENVIRONMENTAL CONSERVATION AND POLLUTION CONTROL ORGANIZATIONS laid foundation of –*

*BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER*

*7, KRISHNA MARKET, NEAR BY R.K. ASHRAM, METRO STATION (GATE NO.2) PAHAR GANJ, NEW DELHI-110055*

*PH: - 8882918755, 8909659888, 9457407988*

* *Free Eye camps for children, women & senior citizens are conducted four times every year*
* *Environment & Forests Awareness camps twice every year*
* *Acupressure and Healing theorpy Camps conducted six times every year*
* *Infertility camps are arranged twice every year*
* *Free ENT treatment camp four times every year*
* *AIDS awareness & post care programme amongst drug users, sex- workers & truck drivers in & around NCR every year*
* *Primary Health Care Training programme & seminars for rural & people living below poverty line*
* *Free Diabetes detection camp four times every year*
* *Free Asthma camp*

***CONCESSIONS***

*100% - Free treatment for freedom fighters*

*10% - Rebate for senior citizens, National & International athletes*

*25% - Rebate to war widows & their children (1962/ 1965/ 1971/ & Kargil) and victim of*

*earthquakes and communal riots*

*25% - Bed reserved for poor and needy*

*Note: Free OPD and Medicines for poor and needy from 12 noon to 2 pm daily*

***ABOUT THE INSTITUTE & HOSPITAL***

*The institute is built in cool and calm atmosphere in the rural area, covering an area of 4600 sq. Yards of land belonging to the Trust. For ensuring complete comfort and effective treatment of the indoor & outdoor patients, we have with us following facilities:*

* *OPD block*
* *Pharmacy Department*
* *Yoga & Naturopathy Department*
* *Vegetable & Herbal gardens for preparing herbal medicines & providing good nutritive diet to patients*

*A Registered Society, our operations are led by Acharya Ravindra Kumar His extensive experience in the field of Ayurveda, Naturopathy and Yoga Sciences as well as service support of experienced team of doctors and other industry professionals allow us to meet the complete healthcare demands of patients the natural way.*

*With gained experience of over two decades, our consistent approach in meeting the treatment needs in the healthcare sector has helped us to get earn empanelment With many prestigious bodies like DGEHS (Delhi Govt. Employed Health Scheme), CGHS (Central Govt. Health Scheme), TCIL (Telecommunications Consultants India Ltd.), DJB (Delhi Jal Board), DTC (Delhi Transport Corporation), & DU (Delhi University) IPGCL, Delhi Transco Ltd.*

***DIET CENTER***

*At center the diet consists of fruit juices/ raw vegetable/ germinated seed & steam boiled vegetables, strictly as per the prescription of the Doctor.*

***LIBRARY***

*We have a library of about 500 books on Ayurveda, Panchakarma, Naturopathy, Yoga, Healing Sciences and Journals etc. in English as well as Hindi by the eminent Authors.*

***SCHEDULE OF CLASSES:***

* *Regular classes – Will be conducted from Monday to Friday from 10 am to 2 pm.*
* *Weekend classes – special classes conducted on Saturday & Sunday according to courses.*
* *Student will be required to opt for the type of classes they want to enrol in at time of admission*
* *Classes once opted for cannot be changed at a later stage.*

*Examination will be held on last Saturday and Sunday of May and November every year respectively. Viva will be held immediately after the written examination.*

***FACULTY***

* *The institute has got qualified and experienced teaching staff*
* *The institute has full-fledged library with adequate number of books on Medical & Holistic Science*
* *The institute has well equipped laboratories of Pathology/ Biochemistry*
* *The departments like Panchakarma/ Acupressure/ Acupuncture/ Hydrotherapy/ Mud Therapy/ Massage & Nutrition are well equipped*
* *To provide facilities like OPD to give practical knowledge to the students adequate provision of sports and curricular activities*

***CAREER OPPORTUNITIES***

1. ***Certificate in Panchakarma Technician course:***

* *Scope of working as Panchakarma technician in Govt./ Private hospitals in India and abroad*
* *Can start own Panchakarma Clinic*
* *Can do Free lancing as Panchakarma technician*

1. ***Certificate in Dietics course:***

* *Can practice as Ayurvedic Lifestyle expert*
* *Practice as expert of Ayurveda dietics*

1. ***Certificate in Naturopathy course:***

* *Can practice as Naturopathy expert in Naturopathy institute*
* *Can do private practice as Naturopathy expert*

1. ***Certificate in Cosmetology course:***

* *Can work as Herbal expert in beauty and cosmetics*

1. ***Certificate yoga course:***

* *Can take yoga classes*
* *Can work as yoga instructor in gym and Fitness centres*

1. ***Certificate in Acupressure theorpy***

* *Can practice as Acupressure expert*
* *Can take Acupressure classes*
* *Scope of working as Acupressure technician in Govt./ Private hospitals in India and abroad*

***SCOPE OPPORTUNITIES***

* *Scope of Ayurveda in Govt. & Private hospital in India/Abroad*
* *Serve as Fitness manager in Spas/ Health/ resorts Health clubs*
* *Achieve heights in Private practice as a Holistic/ Fitness expert*
* *Great demand of Lectures as well as Practitioners in the field of therapy*
* *Buddha Ayurvedal will provide assure placement to work/practice*

***ADMISSION CRITERIA AND RULES:***

1. *Qualification -*

* *For Certificate course in Panchakarma technician, Naturopathy & Yoga – 10th class or equivalent*
* *For Certificate course in Acupressure, Acupuncture, Ayurvedic Dietics, Cosmetology - 10+2th science with Biology*
* *For P.G. Certificate in Panchakarma – B.A.M.S. from C.C.I.M. Recognised college/university*

1. *Admission will be on the basis of screening test*
2. *Result will be declared within a week*
3. *Successful candidate will be required to submit the following documents within 15 days of declaration of result:*
4. *A photocopy of passing certificate of qualifying examination*
5. *3 passport sized photographs*
6. *Fee for first semester:*
7. *For Certificate course in Naturopathy and Yoga science*

*(Total course fee – Rs. - 70000/-)*

*(ii) For Certificate in Acupressure, Acupuncture,*

*Panchakarma Technician, Dietics, Cosmetology,-*

*(Total course Fee Rs. - 70000/-)*

*(iii) Fee for P.G. Certificate in Panchakarma*

*(Total course fee Rs. - 85000/-)*

*(iv) Affidavit attached in Prospectus*

1. *A vocational tour would be conducted in a full-fledged naturopathy & Panchakarma center for 3 days each year on chargeable basis.*
2. *Attendance of the students should be 75% minimum. If not they will be penalized by Rs. 100/- per absent. Admit card will be given after depositing the dues.*
3. *Classes will start from 15th December and 15th June particular year.*
4. *Institution will provide Panchakarma/ Naturopathy Hospital training for one month (according the necessity of course) and thereafter assist in self-employment.*
5. *Study material will be provided to the students by the institution on chargeable basis.*
6. *Tests conducted at the end of every month will be compulsory and marks will be added in viva as internal assessment of each student.*
7. *The Chairman will visit the class at the end of course and before the examination begins to get the feedback from the students regarding quality of study, faculty, study material and suggestion for improvement of institution.*
8. *Under any circumstances courses will be completed by end of May and November respectively.*

***ADMISSION PROCEDURE***

* *Prospectus & the Application form can be obtained from* ***BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER*** *in Ayurveda, Naturopathy & Yoga Sciences by paying the prescribed fee of Rs. 500/- in cash or by demand draft in the favour of ‘****BUDDHA AYURVEDA AND NATUROPATHY RESEARCH CENTER*** *’*
* *Completed Application From should reach us on or before the last date of submission Applicants should write their complete names, name of the course admission is sought in & address on the rear of the draft.*
* *One application form is valid for applying to one course only.*
* *Completed application form should be sent either by courier or in person to the Administrative officer.*

***DOCUMENTS REQUIRED***

* *Self-Attested photocopy of Certificate of passing essential qualification*
* *Self-Attested Aadhar card photocopy*
* *Recent and duly attested passport sized photograph should be pasted on the application form in the space provided. 3 photographs should be sent apart from the once attached in application form.*
* *Once the application is submitted it cannot be cancelled or withdrawn.*
* *Pass out students from the recognized universities/ boards/ national open schools are eligible.*
* *Photocopy of application form will be accepted*

***OTHER COURSES OFFERED:***

1. *Short term course:*

***Short term courses available for already trained physiotherapist, and all naturopathy trained to increase value and knowledge in this field.***

***(Course Fees: - 12000/-)***

1. *Basic Principals of Ayurvedic a Learning Course 1 month*
2. *Ayurvedic Panchakarma Course 1 month*
3. *Yoga - 1 month*
4. *Acupressure, acupuncture – 1 month*
5. *Certificate courses:*
6. *Certificate in Ayurvedic Pharmacy*
7. *Certificate in acupressure theory*
8. *Certificate in Medical Plant Cultivation*
9. *Certificate in Herbology*
10. *Certificate in Ayurvedic Nursing*

***SYLLABUS***

1. ***CERTIFICATE IN COSMETOLOGY***
2. ***Basis Principals of Ayurveda***
3. *Ayurveda Prayojna*
4. *Ashtanga Ayurveda*
5. *Triskandha of Ayurveda*
6. *Concept of Ahara & Rasayana*
7. ***Basic Ayurvedic Kriya Sharira (Physiology) and Rachna Sharira (Anatomy)***
8. *Tridosha, Sapta dhatu, Trimala, Mahabhuta*
9. *Agni, Pachana, sarata, Prakriti vichar*
10. *Marma, Dhatu, Sira, Snayu, Dhamni*
11. *Shadanga sharira*
12. ***Personal and Community Health***
13. *Dincharya, Rituchaya, Sadvrutta, Achara Rasayana*
14. *Basis Panchakarma techniques*
15. *Shodhana, deva vyapashraya, home kriya*
16. *Prevention and janpadodhvansa*
17. ***Ahara and its role in general health***
18. *Ahara Dravya vargikarana*
19. *Ahara vidhi vidhyatana*
20. *Action of Aushadhi dravya*

1. ***Historical Background of Cosmetics***
2. *Different classifications of Medicines which can be used in cosmetology like Keshya/ Varnya varga etc.*
3. *Different cosmetic procedures like Krishna karma, Lomashatan, Alepa, pralepa etc.*
4. *Different cosmetic formulations and procedures in ancient texts*

1. ***Saundarya prasadhana Drugs***
2. *Details of different herbal drugs which are used in cosmetics*
3. ***Concept of Panchakarma and Rasayana in Cosmetology***
4. *Different Shamana and shodhana procedures useful in various skin problems*
5. *Benefit of panchakarma*
6. *Cosmetically beneficial panchakarma procedures and their uses*
7. *Effects of Rasayana therapy and its uses in cosmetology*
8. ***Practical training on cosmetics Pharmacy & procedures***
9. *Training on how to make lepa/ pralepa/ herbal oils etc.*
10. *Training on technique of Face massage, application of lepa etc.*
11. ***CERTIFICATE IN PANCHAKARMA TECHNICIAN***
12. ***Basic principle of Ayurveda***
13. *Ayurveda prayojna*
14. *Ashtnga Ayurveda*
15. *Triskandha of Ayurveda*
16. *Concept of Ahara & Rasayna*
17. *Signs and symptoms of Bahu/ Madhya/ hina dosha awastha*
18. *Concept of panchakarma and its importance*

1. ***Basic Ayurvedic Kripa sharira (Physiology) and Rachna Sharira (Anatomy)***
2. *Tridosha, Sapta dhatu, Trimala, Panchambabhuta,*
3. *Agni, Pachana, sarata, prakriti vichar*
4. *Marma, dhatu, sira, snayu, Dhamni*
5. *Shadanga sharira*
6. ***Principles of treatment in Ayurveda***
7. *Langhana / brihana*
8. *Ama vigyan and its chikitsa*
9. *Shadvidopkrama*
10. *Properties of ideal panchakarma paricharaka*
11. ***Personal and community health***
12. *Dincharya, Ritucharya, Sadvrutta, Achara Rasayana*
13. *Basic Panchakarma techniques*
14. *Shodhana, Deva vyapashraya, homa kriya*
15. *Prevention and janpadodhvansa*
16. ***Basic principles of panchkarma***
17. *Panchakarma and its uses*
18. *Procedures under panchakarma*
19. *Panchakarma vidhi-Panchana, Purvakarma, Pradhan Karma, Pashchata karma*
20. *Sansarjana karma*
21. ***Details of panchkarma***
22. *Internal oleation*
23. *External oleation-its types and techniques (Abhyaanga, Pizichil etc.)*
24. *Sveda vidhi- Techniques and types of various types of sudation*

*(vaspa sveda,Patra pinda sveda, Navarakizhi etc.)*

1. *Application and techniques of various Panchakarma procedures.*
2. *Yogya ayogya of different panchakarma*
3. *Uses of panchakarma for maintenance of health*
4. *Equipments descriptions*
5. *Aushadh kalpana (pharmacy)*
6. *Documentation & clinical record keeping*
7. ***Practical training on panchkarma procedure***
8. *oleation therapy*
9. *sudation therapy*
10. *basti karma*
11. *vamana karma*
12. *virechana karma*
13. *Nasya karma*
14. *Raktamokshna*
15. ***CERTIFICATE IN AYURVEDIC DIETICS***
16. ***Basic principal of Ayurveda***
17. *Ayurveda prayojna*
18. *Ashtanga Ayurveda*
19. *Triskandha Ayurveda*
20. *Concept of ahara and rasayana*
21. *Signs and symptoms of bahu/madhya/ hina dosha awastha*
22. *Concept of panchkarma and its importance*
23. ***Basic ayurvedic kriya sharira (Physiology) and Rachna sarira (Anatomy)***
24. *Tridosha, sapta dhatu, trimala, panchambabhuta*
25. *Agni, pachana, sarata, prakarti vichar*
26. *Marma, Dhatu, sira, snayu,dhamni*
27. *Shadanga sharira*
28. ***Principal of treatment in Ayurveda***
29. *Langhana/ brihana*
30. *Ama vigyan and its chikitsa*
31. *Shadvidhopkrama*
32. *Properties of ideal panchakarma paricharaka*
33. ***Personal and community health***
34. *Dincharya, ritucharya, sadvrutta, achara rasayana*
35. *Basic panchkarma techniques*
36. *Shodhana, deva, vyapashraya, homa kriya*
37. *Prevention and janpadodhvansa*
38. ***Classification of various components of diet according to ayurveds***
39. *Classification of solid food and their properties*
40. *Classification of liquid food and their properties*
41. *Classification of food according to their origin properties*
42. ***Ahara and its role in general health***
43. *Ahara dravya vargikarana*
44. *Ahara vidhi vidhyayatana*
45. *Action of aushadhi dravya*

1. ***Concept of pragyapradha and its corrective measure***
2. ***Clinical approach towards diet according to Ayurveda***
3. ***CERTIFICATE IN NATUROPATHY***
4. *Introduction : The need of Naturopathy & Yoga in modern life style*
5. *What are pancha tatvas, meditation, their importance and implementation*
6. *Anatomy, Acupressure, Massage, Yoga Sana*
7. *Preventive therapy*
8. *Ph Therapy*
9. *Medicinal plants and diet supplements*
10. *Balanced diet and disciplined life style*
11. *Auto immune disorders & ph therapy*
12. *Kitchen remedies*
13. *Panchakarma*
14. ***CERTIFICATE IN YOGA***
15. *introduction to yoga*
16. *hatha yoga*
17. *ashtanga yoga (yama, niyama, asana,pranayama, pratyahara, dharna, dhyan & Samadhi)*
18. *yoga sutra by patanjali*
19. *yoga sutra by hatha yoga pradipika*
20. *applications of yoga*
21. *yoga therapy for various diseases & fitness*
22. *practical training in asanas, pranayama, mudra, bandha, cleansing processes, meditation*
23. ***CERTIFICATE IN ACUPRESSURE THEROPY***
24. *Introduction to Acupressure*
25. *The need of acupressure in modern life style*
26. *Concept of Acupressure and its importance*
27. *Effects of Acupressure therapy and its uses*
28. *Acupressure Equipment descriptions*
29. *Basic Acupressure techniques*
30. ***POST GRADUATE CERTIFICATE IN PANCHAKARMA***

*Syllabus will be provided at the time of admission*

***Application Regn. No.***

BUDDHA AYURVEDA & NATUROPATHY RESEARCH CENTER

**(AYURVEDA- ACUPRESSURE- NATUROPATHY & YOGA SCIENCES)**

**(REGISTERED UNDER CHARITABLE TRUST ACT-1882)**

**NCT OF DELHI, INDIA**

**Certificate course in: -**

Panchakarma Technician Acupressure theorpy

Naturopathy & Yoga science Post graduate certificate in pancakarma

Ayurvedic pharmacy Ayurvedic cosmetology

Ayurvedic dietics Physiotherapy

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*To,*

*The Chairman,*

*Buddha Ayurveda and naturopathy research center*

*Ayurveda-Acupressure-Naturopathy & Yoga Sciences*

*Sir,*

*I want to enrol myself in the ……………………………………………………course in BUDDHA AYURVEDA AND*

*NATUROPATHY RESEARCH CENTER in Ayurveda- Naturopathy- Yoga Sciences.*

*I submit the following particulars which are true and correct to the best of my knowledge and belied. I shall follow the rules and regulation of the Institute. I am depositing the require fees Rs. ……….. For enrolment/Examination for the course as per rules.*

1. *Name (Fill in Block Letters) ……………………………………………………………….....*
2. *Father’s / Husband’s ……………………………………………………………………*
3. *Date of Birth & Age …………………………………………………………………..*
4. *Nationality & Region …………………………………………………………………….*
5. *Sex …………………………………………………………………….*
6. *Address (Present)………………………………………………………………………………………………………….……*

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*(Permanent)…………………………………………………………………………………………………………………….…*

*…………………………………………………………………………………………………………………………………….…….*

1. *Tel No. (If any ) Residence………………….. Mobile……………………………………………….*
2. *Medium of Languages: Hindi/English……………………………………………………………………………..…..*
3. *Particulars of Qualifying Exam:-*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| *S. NO.* | *Examination* | *Board/University* | *Year* | *Subjects* | *Percentage of marks* | *Remarks* |
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1. *Roll No. And Year of Previous Examinations*
2. *Whether registered practitioners if Yes, Ref No……………………………………………….*

*Place: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***Note:-***

*Please send attested or Photostat copies of all the certificate and photograph should be pasted in its place. Photostat application form will not be accepted.*

* *Extra 6 photograph of Examinee Last date of application is \_\_\_\_\_\_\_\_examination will be held on\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

***Signature of the Applicant***

***AIMS & OBJECTIVES***

* *Promotion of studies & Research in Ayurveda, Naturopathy & Yoga.*
* *To establish state wise super speciality hospitals under Buddha Ayurveda and naturopathy research center in Metro cities.*
* *To keep Mobile Clinical Vans to extend the facility for the benefit of patients in, for and wide rural and urban areas.*
* *To carry out specific researches on Diabetes Mellitus, Cancer, Tuberculosis, Leprosy etc. To set up proper library for Literary Research on Ayurveda, Panchkarma, Yoga, and Naturopathy.*
* *To publish a Research oriented journal on Ayurveda, Yoga and Naturopathy.*
* *To carry out experimental studies on preservation and cultivation of Medicinal plants and Herbal wealth of India.*
* *To cultivate herbal green belt on the roadsides, Govt. land and MCD parks.*
* *To extend the already set up Ayurvedic Pharmacy to manufacture genuine Ayurvedic Medicines for general marketing at low price.*
* *To set up schools in the slum areas for self-employment training for girls/ladies such as sewing art and handicrafts manufacturing etc.*
* *To establish various centers for benefits to the poor and handicapped and impart education through health care, games, physical exercise, yoga etc.*
* *To set up a drug de-addiction center.*
* *To set up an old home for deserted and needy person irrespective of their caste creed religion.*
* *To set up a school for blind and handicapped children.*
* *To take over the management & administration of educational & cultural institution of the aforesaid nature and orphanages already established with all their assets and liabilities.*